

Trataka

Trataka is a practice of gazing that develops the power of concentration enormously, which is of immense use in every day life.

The focusing of mental energy towards one point leads to peace of mind, for it stops the continually fluctuating tendency of the mind. All people with nervous tension, insomnia, etc. are recommended to do trataka on a regular basis. With regular practice trataka opens a storehouse of energy, and is great asset to those doing the Kriya practice.

Trataka Candle gazing

Technique:

Step 1

Assume a comfortable sitting posture.

Close your eyes and be aware only of your body and relax.

Make a resolve that you will not move for the entire practice.

Step 2

Open your eyes - Gaze directly at the tip of the wick of the candle.

Try not to blink or move your eyes in any way. Be totally absorbed in the flame at the tip of the wick. As thoughts come in be aware of them but then remind yourself that you are practicing trataka. 3 minutes

Step 3

Practice ujjayi pranayama throughout the rest of the practice.

Imagine that while breathing in that you are drawing your breath from the candle flame to the eyebrow center and through to the back of the head, to the bindu.

When you breathe out imagine that the breath flows from the back of your head, pierces the eyebrow center and then returns to the candle.

You have to split your awareness so that it is on the flame and on the movement of the breath.

Be aware of the sound of your breath.

Eventually it will feel that the air seems to naturally move along the path between the flame and the back of the head. Continue for a few minutes, do not strain.

Step 4

Close your eyes and Gaze at the after image of the flame at the eyebrow center, and try to keep the image steady.

Be aware of the internal image of the flame and the breath.

Inhale and feel the breath moving backwards from the flame at the eyebrow center to the back of the head, feel that you are drawing the image backwards.

As you breath out imagine that the breath is being pushed forwards toward the eyebrow center.

Continue ujjayi breath throughout. You should hear the sound of your breath continuously emerging from the region of the throat. Integrate this sound with the movement of the breath from the eyebrow center to the back of the head.

Continue Step 4 until the image disappears or becomes vague. Keep the eyes closed for a few minutes and watch the back of the eyelids, the black screen and see what images arise.